

2019



sense

# Choose your life changing moment





# Your moment changes lives

Run, ride, trek! It's more than just a finish line or a medal. It's giving someone a chance to express themselves and connect with the world around them.



## You'll find friends, memories and moments that make it all worthwhile

Meet Lisa Edwards. Lisa's lacing up her trainers and joining #TeamSense in the 2019 London Marathon because she knows first-hand how the funds she raises help children who are deafblind and their families.



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'I'm running for my seven year-old daughter Alannah who was born with profound disabilities, vision and hearing impairments.

Alannah doesn't just rely on me as a parent, but also as her eyes and ears to help her to connect with the world around her. She needs specialist care to help her achieve her full potential every single day. I am also Alannah's legs as she is unable to walk, making her

opportunities even more limited than any other child her age who can explore their surroundings. Yes, she is deaf, yes she is severely visually impaired. But she is loved beyond measure and is a happy child who makes everyone smile.

For me this is a personal challenge that has enabled me to make some great friends, improve my fitness and test my own resilience. Come and join me on the start line with Team Sense!

Join #TeamSense at: [www.sense.org.uk/events](http://www.sense.org.uk/events)



# Pick your moment



**24 March**

## London Landmarks Half Marathon

Back for the second year, London Landmarks is the only closed road half marathon that takes runners through Westminster and the City of London. A unique and quirky event which takes in London's most iconic landmarks, including Big Ben, St Paul's Cathedral, the Gherkin, the Shard, the Tower of London and the London Eye.

**28 April**

## Virgin Money London Marathon

The Virgin Money London Marathon is one of the most famous marathons in the world! 40,000 participants tackle 26.2 miles through the streets of London, whilst hundreds of thousands cheer them on. Apply now to be on the start line for Team Sense for an unforgettable experience.

**10 — 12 May**

## Jurassic Coast Challenge

Trek the world famous Jurassic Coast this spring and take in the dramatic views of England's first Natural World Heritage site - the most geologically diverse coastline in the world. This will be a truly memorable weekend you won't forget!





## Top Pick

12 May

### Velo Birmingham and Midlands

Starting and finishing in the heart of Birmingham City Centre, this 100 mile fully closed road route will take 17,000 riders through stunning countryside with panoramic views, picturesque villages and iconic climbs.

25 — 26 May

### Rock n' Roll Liverpool Marathon

A marathon with a rock n' roll twist! Taking a scenic tour of Liverpool city centre including Albert Dock, Penny Lane and the home of The Beatles, this isn't your everyday marathon. Live bands and DJs will keep you motivated along the course and all runners and spectators are treated to a concert at the Finish Line Festival.

27 May

### Vitality London 10,000

Not quite ready for a marathon? Why not try a 10k and follow the course of some of the world's greatest athletes. Starting and finishing at The Mall this beautiful race takes in some of London's most iconic sights including St Paul's Cathedral, Buckingham Palace and the London Eye.

## Top Pick

22 — 23 June

### The RidgeWalk

Sense's flagship event, The RidgeWalk, is an exhilarating 52-mile test of endurance along the Ridgeway – the oldest national trail in Britain. Set yourself the ultimate challenge as you walk day and night for 24 hours through the beautiful countryside of Oxfordshire and Wiltshire.







4 August

## Prudential Ride London–Surrey 100

The London Marathon of cycling - a spectacular route made famous by the world's best cyclists at the London 2012 Olympics. 25,000 riders take on a 100-mile closed road route that starts in the iconic Queen Elizabeth Olympic Park, before cycling out of London into the beautiful Surrey countryside - ending with a spectacular finish on the Mall in front of Buckingham Palace.



30 August — 1 September

## Yorkshire Three Peaks Challenge

Think you can summit three peaks in 24 hours? Trek through the beautiful Yorkshire Dales National Park summing Ingleborough, Wharfedale and finally Pen-Y-Ghent - all in 12 hours. This is one to tick off the bucket list – you'll be able to brag about this epic weekend for years to come!

Top Pick

8 September

## Simplyhealth Great North Run

Taking place on the streets of Newcastle-upon-Tyne, 57,000 runners take on 13.1 miles, rubbing shoulders with celebrities, world-class athletes and charity runners. With an electric atmosphere from start to finish, plus a display from the Red Arrows over the finish line, this is one half marathon that every runner has to experience.





6 October

## Cardiff University Cardiff Half Marathon

The Cardiff Half Marathon is Wales' largest mass participation event, with unbelievable crowd support on race day! The route will take you past the capital's most iconic landmarks, with beautiful scenery and historic buildings. The mainly fast and flat route makes it ideal for both beginners and those aiming for a PB.

13 October

## Simplyhealth Great Birmingham Run

Whether you're a first time runner or looking to put another half marathon notch on your belt, this excellent route through England's second city is perfect for everyone! Now the UK's second biggest half marathon, complete with live music and thousands of spectators cheering you on.

### Top Pick

13 October

## Royal Parks Half Marathon

Starting and finishing amongst a buzzing food and fitness festival in Hyde Park, the route for this fantastic 13.1 mile event takes runners through four of London's picturesque Royal parks – as well as along the closed roads of the Embankment. Perfect for beginners and seasoned pros.





For everyone living with complex disabilities.  
For everyone who is deafblind.

Sense is here to help people communicate and experience the world. We believe no one, no matter how complex their disabilities, should be isolated, left out, or unable to fulfil their potential.

Make your moment matter with Sense. Call us, email us, go online – we're here to make sure that you feel supported and confident every step of the way. Whatever you decide to do to help us be there for the thousands of people that need us every day.



**Telephone**

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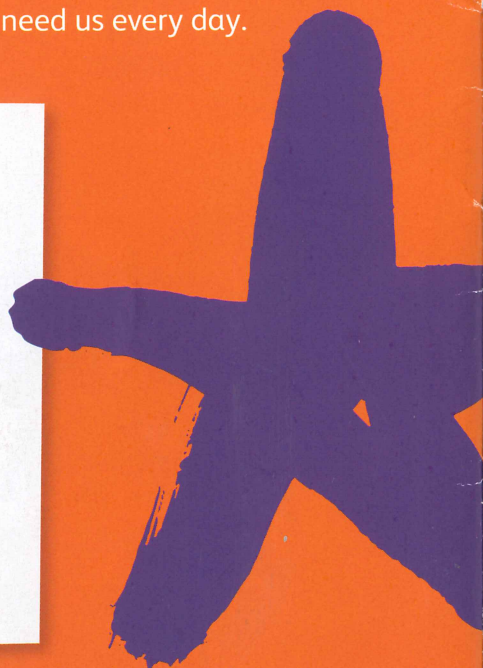
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connecting sight, sound and life